

# Mind, body and soul (part one)

From the large number of readers who volunteered for our competitor preparation programme, the three selected have undertaken the first stage – assessment.



LEFT: (from left to right) **Bryan Hull, 33**, co-driver, competing for about 8 years. "Physical fitness may not be as important for a co-driver as it is for a driver, but mental alertness is of very high importance and so I should really have a good base fitness level so that I don't get tired and lose concentration on longer events."

**Angela Morris, 50**, rally driver, competing for three years. "I am a fitness-phobic 50-year old who has been a rally driver for three years and anyone who can get me fit deserves a medal!"

**Sam Hignett, 24**, currently competing in the FIA Sportscar Championship. "Over the past three years I have trained long and hard in gyms under different regimes but must confess to having hit a bit of a brick wall recently and am finding it difficult to improve my stamina and muscle strength further."



ABOVE: **Angela** begins her mental assessment session with **Anne Calleja** of Link Fortune International. Anne said: "With each of the participants, I discussed such things as learning strategies, coping with rest time and rehearsal techniques. I was then able to give them tasks based around their forthcoming events and develop a programme for them."



ABOVE: Each participant was assessed on their lung capacity and performance using special equipment. Improvements in this area will indicate that the fitness programme is working. Angela had a capacity of 4.03 litres and a peak output of 550 litres per minute. For Bryan the figures were 4.85 litres and 680 litres/min, for Sam 5.46 litres and 640 litres/min.

RIGHT: Each participant was tested for their body fat level using Stewart's electronic wizardry – with electrodes attached to the hand and foot. At 20.5%, Bryan was a little above the ideal range for his age and gender (13-18%). Angela was within her ideal range, while Sam was a bit below – so he gets to eat the chocolates!



LEFT: Thumbs up! **Sam** did 51 push-ups followed by 31 'crunches' (rolling up from the waist while lying on your back). Stewart, a world-class biathlete, reckoned Sam should be able to match his performance of 90 press-ups and 70 crunches. Angela did 61 push-ups in two minutes and then 40 crunches. Bryan did 26 of the former and 13 of the latter.



RIGHT: **Stewart Wild** of Formula Fitness is in charge of our readers' physical coaching. In the first session he assessed their level of fitness with a variety of exercises. Here, he encourages Bryan on the treadmill and notes his level of exertion with a heart rate monitor. Bryan was forced to stop with cramp. Angela covered 0.96 of a mile in 12 minutes and Sam managed 1.66 miles.



LEFT: **Sam** showing the strain on a specialised rowing exercise. ■

## FURTHER INFORMATION

- Link Fortune International  
[www.link-fortune.co.uk](http://www.link-fortune.co.uk)
- Formula Fitness  
[www.formulafitness.co.uk](http://www.formulafitness.co.uk)